

# HerbDay 2006 at the US Botanic Garden



## Friday October 13th

9-10

**Meet the Experts**  
(press meeting—invited Friday  
presenters, HerbDay Coalition,  
and media only)

10:00- 11:00

### **Amazon Food Farmacy**

**Jim Duke**

Join Dr. Duke, a renowned herbalist and writer, to hear about the foods and medicines of the Amazon Forest. Dr. Duke spent many years of his career with the USDA in the rainforest, and his lectures abound with interesting facts about the tropical flora as well as delightful stories from his journeys.

11:30-12:30

### **Herbs for Women's Health: A Primer on Taking Care of Yourself Through Life's Changing Seasons**

**Aviva Romm**

You've heard about black cohosh, vitex, phytoestrogens, and dong quai. Are these herbs safe and effective for women's health? Learn about these and other herbs for some of the common complaints that affect women, from mood swings to menopause.

12:30-2:00

### **Lunch/ Jim Duke Herb Walk**

2-3

### **Past, Present, and Future: A Look at Medicinal Plants Through the Ages**

**Bevin Clare**

From dandelion to barberry, glimpse important medicines of the past and discover ways that plants can contribute to the medicine of the future. By examining medicinal plants over time, we will view the integral relationship that humans have had with plants for thousands of years.

3-4

### **What You Need to Know about the Top 10 Herbs Sold in the US**

**Robin DiPasquale**

The pros and cons of herbs are in the media all the time. Herb products fill the shelves everywhere from supermarkets and drug stores to natural food stores. What do you REALLY know about the top herbs on the market. Come listen to Director of Botanical Medicine for Bastyr University, Robin DiPasquale as she shares the basics on uses, safety, and contraindications of today's most popular herbs.

# Saturday October 14th

Ongoing Activities 10:00am- 4:00pm

## Children's Garden

### Magic, Mystery and Herbs

Join us in the children's garden for a day of arts and crafts, herbal stories, and even meet our Herbal Sorceress! Take home an herb for your windowsill or own garden at home.

## East Gallery

### What is Herbal Medicine? What is an Herbalist?

Ongoing

Join us at the AHG-Tai Sophia table for informal talks on the history of herbal medicine, what an herbalist does, how to become an herbalists, books to read, and how to find qualified herbal care in the US.

### Herbal Databases and Herbal Books

Ongoing

There is an unprecented amount of herbal information and misinformation on the market. Join experts from the American Botanical Council as they teach you how to use some of the best herbal information sources available. Whether you have a personal interest in herbs, or are a researcher, you will be sure to benefit!

### Cooking with Herbs

Ongoing

Come sample tasty treats, and learn about creative ways to cook with herbs. Demonstrations will happen all day, just stop by!

## West Gallery

### Aromatherapy for Health

Ongoing

Join aromatherapy experts from Aveda and learn about how aromatherapy can be used to improve concentration, relaxation, and mood. Scratch and sniff plant table and essential oils for fun and exploration!

### Herbal Beverages & Teas

Ongoing

Come by and learn to make healthful teas for relaxation and winter enjoyment. Enjoy tasty samples!

## Medicinal Plants Garden

Ongoing

### Medicinal Plant Walks

Ongoing walking tours exploring the medicinal uses of plants in the medicinal garden, and their related species, will be offered at regular intervals throughout the day.

Various Presenters

## Garden Court

### Tropical Bounty: Economic Plants of the Tropics

Relax, review handout materials, and join us for informal talks about the important economic plants of the rainforest and tropics throughout the day in the Garden Court. Meet chocolate, coffee and many spices in this fascinating garden.

## Jungle

### People and Plants: The Study of Ethnobotany

Meet Linda Lyon at her table in the jungle to hear about her years in Madagascar doing research, and find out more about the study of Ethnobotany in Madagascar, traditional rural Appalachian Maryland, and beyond.

## 10-11am

### Classroom

#### **A Common Sense Guide to Using Herbs**

**10-10:30**

**Joi Vogin**

Join me for a discussion about using herbal medicine, including how to interpret what the media tells us about herbs, how to read product labels, and where to get good quality information about herbal safety. Using “who, what, where, how, and when” you’ll learn the right questions to ask before you begin taking any herbal supplement.

#### **Three Herbs to Support the Heart:**

**10:30-11**

#### **Hawthorne, Motherwort, and Rose**

**Robin DiPasquale**

### East Gallery

#### **Herbal Medicine Making Demonstration**

**10:30-11**

**Anya Srinkin**

Herbal teas, salves and other medicines can be fun and easy to make. Join Anya for a medicine making demonstration and learn some simple and exciting ideas to try at home!

#### **Making Herbal Butters: (demonstration)**

**10-noon**

**Herb Society of America Table 1**

#### **Herb of the Year: Scented Pelargoniums**

**10-noon**

**Herb Society of America Table 2**

### West Gallery

#### **Aromatherapy for Health and Relaxation**

**10-10:30**

Learn about how aromatherapy can be used to improve concentration, relaxation, and mood. Scratch and sniff plant table and essential oils for fun and exploration!

#### **Scented Geraniums: Herb of the Year 2006!**

**10:30-11**

**Susan Belsinger**

This program is a sensory experience featuring the many scents of the genus *Pelargonium*. Come stimulate your senses and get familiar with these fragrant houseplants and how to use them in and around the home, as well as in the kitchen.

### Children’s Garden

**Harry Potter's Herbs: A Talk and Walk for Kids**      **10:30-11**  
**The Herb Sorceress: Linda Baldaia**

**11am-noon**

**Classroom**

**11-11:30**

**Kitchen herbs: Spice up your Health!**  
**Sara Eisenburg**

There are many medicines lurking inside your medicine cabinet. Explore the uses of ginger, turmeric, cinnamon, and other common herbs and spices. Find out about the traditional use and current science around kitchen medicinals. (Also come to our Culinary Table in the West Gallery)

**Herbal Beverages & Teas**

**11:30-noon**

**Rebecca Rhoads**

Come learn to blend delightful beverages from common herbs, fruits and veggies! Attune your senses to the subtle, sensational flavors herbs have to offer as an alternative to "sugary drinks" available at convenient stores. Use your creativity and unique preferences to blend your own herbal beverages that are delicious AND healthy.

**East Gallery**

**Itches, Ouches and Stings!**  
**Geo Derrick**

**11-11:30**

Summer can be rough on our skin, with plenty of dangers to dodge while enjoying outdoor life. All around us we have natural aids that can help soothe sunburn, those love bites from our insect friends, poison ivy and skinned knees. Find out what helpful plants are in your kitchen cabinet or right outside your door!

**Restoring the Sleep Cycle with Herbs**  
**Robin DiPasquale**

**11:30-noon**

**West Gallery**

**Culinary Herb Demonstration at the IHA Herb Table**      **11-11:30**

**Children's Garden**

**11:30-noon**

**Kids and Herbs: How to Put Them Together and Have Fun**  
**Susan Belsinger**

<b>Noon-1</b>		
Classroom		12-1
	<b><u>What you need to know about the top 10 herbs sold in the US</u></b> Robin DiPasquale	
East Gallery		12-12:30
	<b><u>Herbal Medicine Making Demonstration: East Gallery</u></b> Anya Srinkin	
	Herbal teas, salves and other medicines can be fun and easy to make. Join Anya for a medicine making demonstration and learn some simple and exciting ideas to try at home!	
	<b><u>Making Rosebeads (demonstration)</u></b> Herb Society of America Table 1	Noon-2
	<b><u>Herbal Wreaths, Tussie Mussies (nosegays) and Pressed Flowers Demonstration</u></b> Herb Society of America Table 2	Noon-3
West Gallery		
	<b><u>Chile Peppers: Hot Hot Hot!</u></b> Susan Belsinger	Noon-1
	Susan will show you her favorite types of capsicums, how to handle them when using them fresh or dried, discuss preserving and drying tips and demo a recipe for you to sample.	
Children's Garden		3-4
	<b><u>Making Herbal Body Lotions to Take Home</u></b> The Herb Sorceress: Linda Baldaia	
<b>1-2</b>		
Classroom	<b><u>The Jungles of Madagascar</u></b> Linda Lyon	1-2
	Join Linda Lyon to hear about her explorations in Madagascar and about the plants, animals and people that she meets there. Touch and smell some of the plants available in a traditional herbal medicine market in Madagascar.	
West Gallery		
	<b><u>The Goodness of Garlic</u></b> Susan Belsinger	1-2
	See why the Teluga Indians claim that "garlic is as good as ten mothers"! Susan will discuss cultivating and cooking with the beloved stinking rose and its wonderful health benefits.	

## Children's Garden

1-2

### **Tasty Ways to Tempt the Kids with Herbs: Children's Garden** **The Herb Sorceress: Linda Baldaia**

Herbs can be used to support children through illnesses or health issues. However, their sensitive taste buds can be a challenge! Discover ideas and recipes that provide tasty ways for children of all ages to enjoy the benefits of herbs such as tasty herbal teas, frozen herbal juice pops, herbal syrups and yummy herb bites.

## Jungle

### **Exploring the Jungle: The Plants of Madagascar**

Join Linda Lyon, an experienced researcher in the jungles of Madagascar, in the jungle of the USBG to learn about the many plants that she finds here in the conservatory. Through stories and exploration of the jungle flora you can learn about the surprises and delights that fill the jungle.

2-3

## Classroom

### **Kitchen herbs: Spice up your Health!** **Sara Eisenburg**

2-2:30

There are many medicines lurking inside your medicine cabinet. Explore the uses of ginger, turmeric, cinnamon, and other common herbs and spices. Find out about the traditional use and current science around kitchen medicinals. (also come to our Culinary Table in the West Gallery)

### **Herbs for Your Pets**

2:30-3

Jane Morse

Join Jane, a local veterinarian and herbalist, to hear about herbal medicines that can be used to keep your furry family healthy in all stages of life .

## East Gallery

2:30-3

### **Itches, Ouches and Stings!** **Geo Derrick**

Summer can be rough on our skin, with plenty of dangers to dodge while enjoying outdoor life. All around us we have natural aids that can help soothe sunburn, those love bites from our insect friends, poison ivy and skinned knees. Find out what helpful plants are in your kitchen cabinet or right outside your door!

### **Herbal Cosmetics and Soaps (denonstration)**

2-4

Herb Society of America Table 1

### **Herbal Dyes on Fabric and Yarn**

2-4

Herb Society of America Table 2

**West Gallery**

**Combining Chocolate with Herbs and Spices!**

**2-2:45**

**Susan Belsinger**

Believe it or not, chocolate is enhanced by the flavor of herbs and spices--really the Mayans and Aztecs were some of the first to use some of these ancient combinations. Chocolate and herb-lover Susan has her favorites; come see and taste some of these delicious and exotic combinations!

**Children's Garden**

**Herb Lotion Potion**

USBG staff

Kids get to make and take home their own herbal skin care product!

**3-4**

**Classroom**

**The Art of Flavor: A Sensory Herb Experience**

**3-4 pm**

**Susan Belsinger**

This presentation will put you in touch with the sensory elements of smell and taste, their physiology, and how to better use them to make your daily cooking and eating more creative as well as flavorful and fun. We will explore how our olfactory and taste senses actually work through the media of fresh seasonal herbs and Susan will demo a few recipes.

**East Gallery**

**Herbal Support for Transitioning Through Menopause**

**3-4pm**

**Robin DiPasquale**

**West Gallery**

**Kitchen Herbs: Spice up your Health!**

**International Herb Association**

**Children's Garden**

**Herbal Lore: The Magic and Mystery of Herbs in Story**

**Rebecca Aldag**

Join us for story telling time in the garden!